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HENRIETTA WILDSMITH/THE TIMES/THE ASSOCIATED PRESS

BATON ROUGE MOURNS

**U.S. sees the death of three
more officers** metroNEWS

**The violence is an opportunity
for Trump to offer fascist
consolations** metroVIEWS

Student in Nice still missing

FRANCE

**MacEwan U. in
contact with
French officials**



**Ryan
Tumilty**
Metro | Edmonton

An Edmonton university student remained missing in Nice Sunday after a terror attack in the French city that claimed at least 84 lives.

Mykhaylo (Misha) Bazelevskyy was one of several students from the school in the city for a summer program when a man drove through a crowd in a large truck.

MacEwan University spokesperson David Beharry said they were continuing to seek information. Beharry said the univer-

sity would wait for confirmation from authorities and Bazelevskyy's family before issuing a statement.

"We have been advised today by authorities in Nice that any reported confirmations are not accurate and not official," he said.

John Corlett, the university's provost and vice-president academic, said Friday that Bazelevskyy was headed towards the area where the attacker struck.

Bazelevskyy is a permanent resident in Canada, but was travelling on a Ukrainian passport.

In the fourth year of his commerce program, Bazelevskyy is well known on campus. He has run for student council, is a member of the varsity golf team and has volunteered for college athletics. "The nicest guy that anyone could meet," said fellow student and friend Amy Beard.

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Churches embrace users of new Pokémon Go app

TECHNOLOGY

Many locations in the game are at places of worship



Alex Boyd
Metro | Edmonton

Some Edmonton churches are embracing a new kind of devotee: fans of Pokémon Go.

In the real world St. Andrew's Presbyterian sits next to a car

lot on 118 Avenue, but in the virtual Pokémon universe it's a hub for would-be Pokémon hunters, with two PokéStops on-site and a gym nearby.

For the uninitiated, that means two spots where players can go to get supplies in the app, and one where they can compete against each other.

"I can sit in my office and just swipe at them all day long," jokes Mark Chiang, a St. Andrew's minister who's just started playing.

But unlike stories of players wreaking havoc on businesses or public spaces in other cities, Chiang is embracing the players drawn to the church in search



I'm excited that it's a community-building app, and getting people to be out and about and more interactive. Ryan Sato

of Pokémon.

"It's just a chance to interact with the community, and another way to do it," Chiang said. "Whether or not people stop and ask questions about faith, that's another thing, but it's a moment where we can engage."

Before the massive success of Pokémon Go, the game's creators made a similar smartphone-based game called Ingress, which sent players in search of locations

that were in some way culturally significant.

Pokémon Go seems to be using the same locations as Ingress, which means most notable spots within the game are located at historic sites, public art and, yes, places of worship.

Ryan Sato, senior minister at First Baptist Church on 109 Street, was first alerted to the PokéStop outside his church by his two kids, both enthusiastic

players excited by the number of sites in the area.

"It's a great way to have us as a location that gets some attention," Sato said. "We're so dwarfed by the skyscrapers and apartments around us."

Plus, as a church that works to bring people together in the downtown core, he adds that anything that gets people out exploring the neighbourhood is a good thing.

"I'm excited that it's a community-building app, and getting people to be out and about and more interactive," he said. "I'm all for stuff that builds community."

CALGARY

Pilot dies after air show crash



Jeremy Simes
For Metro | Calgary

A Calgary pilot has died after his plane crashed during the Cold Lake Air Show on Sunday afternoon.

Bruce Evans, who was flying a T-28 Trojan aircraft, died after his plane nose dived during his performance around 2 p.m. on Sunday, according to 4 Wing spokesman Matthew Strong.

"4 Wing emergency services responded to the situation immediately and upon securing the scene discovered Mr. Evans was killed as a result of the crash," Strong said in an email. "4 Wing and CFB Cold Lake and the Cold Lake Air Show express our condolences to the family, friends and loved ones of Mr. Evans."

"I saw the plane nose dive after some manoeuvre but, instead of pulling up, it just went directly into the ground by some tents, in a puff," said witness Ken Kimpton. "A tragic end to an otherwise perfect day."

Evans, a geologist, purchased the T-28 Trojan in 2007, according to the Air Show's website.

"(Evans) holds an Airline Transport Pilot Licence with Instrument Rating, a T-28 Endorsement, and a low level aerobatic clearance to 250 feet," the website read. "Throughout his career Bruce has accumulated over 4100 hours of flight time experience."

Strong said 4 Wing has initiated an investigation.

"But primarily, we are providing support to Mr. Evans' team and loved ones, and ensuring our Air Show visitors are on their way home safely and securely," Strong said.



Mark Chiang is a minister at St. Andrew's Presbyterian. ALEX BOYD/METRO

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MY first JOB

Playwright's start as stock boy



Ryan Tumilty
Metro | Edmonton

For many, the summer job is a rite of passage. It usually involves low pay or menial labour, but it's always memorable. Every Monday this summer, as thousands of students across the city suit up for their first taste of the working world, we're talking to notable Edmontonians about their first summer job.

This week: Author and playwright Marty Chan.

What was your first job and what were you paid?

Being the son of grocery store owners, my first job was a stock boy and cashier. I was nine. My wages were "you get a roof over your head and food on your table, so stop asking for an allowance."

Were you good at it?

I was terrible. Before barcode scanners, cashiers had to ring in groceries based on the

price that was ink-stamped on the box or can. Sometimes I couldn't read prices because the ink was smudged and I was too embarrassed to do a price check, so I made up a price.

Needless to say, my dad pulled me off the cash register and put me in the back to stock shelves shortly after.

What was an average day?

I was probably walking six to eight miles behind a 20-inch mower, because I didn't have a riding mower. The fun days were painting and staining cabins and decks and docks and things like that.

What was the best and the worst part of the job?

The best part of the job was when my dad ordered a new box of chocolate bars for the store. I might have "lost" a Cuban Lunch or two while stocking the shelves. The worst part of my job was ripping up empty cardboard boxes to burn because of the numerous paper cuts I got.



Author and playwright Marty Chan has drawn on his experience in his writing. SUPPLIED

Could you do it now?

Yes, I could slip back into the routine if I had to, but I'm pretty sure my dad would not let me anywhere near the cash register.

Did you learn anything there that you use today?

A lot of my misadventures as a stock boy became fodder for my first kids book series. For example, I pretended to be a store detective for about

a week. I made a cardboard badge for myself, and I patrolled the store with a pair of plastic handcuffs and a water pistol. This scenario worked itself into The Mystery of the Cyber Bully.

RIDERSHIP

Car owners skip transit, study finds

What factor affects your decision to take Edmonton buses or LRT the most? Is it weather, accessibility, reliability of the service, cleanliness, or convenience of the routes? None of the above.

The single biggest factor is car ownership, according to a recent transit report.

"When households own no vehicles they are most likely to use transit because the convenience of the private automobile is unavailable. When households own two or more vehicles, their likelihood of using transit diminishes significantly," reads the report.

As Edmonton attempts to shift people from relying on cars to taking transit, or walking or biking as their main form of mobility, the spectre of car ownership — the city is one of the most car dependent in Canada — stands in the way.

The report notes this is largely outside the control of transit systems, and recommends ETS concentrate on improving the quality of its service and pricing options to increase transit passenger numbers. METRO

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POLITICS

PCs fundraising takes a severe hit

Jeremy Simes
For Metro | Calgary

Though the next PC leader may not have much cash to work with compared to his or her competitors, the party is assuring the dip in dough won't be the new norm.

The PCs raised \$27,376 during the second quarter that ended June 30, a 74 per cent drop from \$105,436.47 raised during the first quarter ended March 31, according to Elections Alberta.

Duane Bratt, political scientist and professor at Mount Royal University (MRU), said future fundraising for the PCs could be worrisome if Conservative MP Jason Kenney takes the leadership, as members

may not want to fork out cash to a party that has a potential leader looking to dismantle it by forming a new party.

Although PC President Katherine O'Neill said the party is disappointed by the second quarter's lacklustre numbers, she said the party now has a new fundraising team and system in place to fill the war chest.

"We also raised \$100,000 at AGM, and those numbers don't get put in because they're not considered individual donations," O'Neill said. "We had our single largest fundraiser since our May 5 election."

According to Elections Alberta's second-quarter fundraising report, the Wildrose Party raised \$467,131.13, the NDP garnered \$362,824.62 and the Liberals made \$57,561.04.

IN BRIEF

Iveson apologizes for High Level comments

Mayor Don Iveson is apologizing for comments he made this week about the High Level Bridge.

On a radio call-in show, Iveson said he was "tired of being lectured" by people upset that the new suicide barriers had narrowed the pedestrian and cycling paths for the bridge.

In a blog post posted Saturday, Iveson said he spoke out of frustration. "That was not a helpful comment and I apologize for saying it," he wrote.

METRO

Man sets himself on fire outside WCB building

A man lit himself on fire outside the Workers' Compensation Board building in downtown Edmonton Friday morning, according to police.

Edmonton Fire Rescue received a call at 9:52 a.m. about a male outside the building at 99 Avenue and 107 Street with his clothes on fire. The flames were extinguished by security guards in the area.

The man was taken to hospital with non-life-threatening injuries.

KEVIN MAIMANN/METRO

More Albertans join the 'self-employed'

EMPLOYMENT

About 52,000 jobs lost in province over the past year

Tanara McLean
For Metro | Edmonton

These aren't the job increase numbers economists were hoping to see.

About 38,000 Canadians joined the self-employment ranks last month, marking the highest jump in the category so far this year.

In the latest national jobs survey, Statistics Canada reports nearly 2.8 million Canadians consider themselves self-employed.

Former oil and gas worker Mark Abbot is just one of 52,000 jobs lost in Alberta over the past year.

Just a few months ago he made a good wage with steady hours and benefits. Now he's a short-notice delivery man, using Kijiji as a proxy to earn extra cash.

"When they let me go I immediately started adding up the things I wouldn't be able to pay for," says Abbot, a 10-year veteran in the oil and gas field.

At first finding a steady job seemed attainable, but nearly five months of searching has



More and more Albertans consider themselves self-employed. KEVIN TUONG/FOR METRO

resulted in few opportunities.

"Sure I'm skilled in a particular area, but it's labour work.... Minimum wage won't pay my mortgage. I feel stuck. What do I do?"

The 35-year-old contemplated going back to school in hopes of gaining a new set of skills, but fears time outside of the workforce may worsen his financial situation.

Although Abbot knows deliveries can't be a long-term solution, tonight it puts food on the table.

"Between employment insurance and my deliveries I'm still barely scratching just

enough. I'm hopeful things will turn around and I can go back to what I know, but I can't be too naive, I have to adapt," he says.

Although Statistics Canada says the self-employment trend has been slightly waning year over year since 2014, the need to procure one's own way still looms large for many.

While some are forced to find work wherever they can, others are making a conscious choice to take control of their personal and professional lives.

"I just couldn't do the 9-5 rat race, it wasn't satisfying," says Kirsten Ireland.

The former government worker packed up her professional life a year ago in favour of launching Sew Fine Fashions, a clothing design and sewing company.

"It's very much a roller-coaster ride, it's not easy."

Ireland is candid about her struggles but firmly believes the risk of branching out on her own will in fact provide long-term security.

"If you have passion and you love what you do, that will carry you regardless. Hopefully it will bring me the success that I've been looking for and the fulfillment."

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Consultant slams board

ECSB

Report cites bullying, disrespect, distrust



Kevin Maimann
Metro | Edmonton

A government-hired consultant issued a scathing review of the Edmonton Catholic School Board Friday.

Education Minister David Eggen hired Don Cummings with National Growth Partners Consulting to monitor the board's conduct last October, after trustees broke down into shouting and tears during public debates around policy to protect LGBTQ students.

Cummings's 16-page draft report, released Friday, notes an unexpectedly high degree of "conflict and confusion" among trustees as well as an "inability of the board to engage itself in respectful dialogue and a professional level of discourse."

The report states these problems were underscored by bullying, disrespect, distrust, innuendo and personal attacks.



A consultant has found a troubling situation with the Catholic Board. METRO FILE

ing, disrespect, distrust, innuendo and personal attacks.

"Debate is frequently disrupted by emotion; effective (or efficient) policy-based discussions are limited by inter-personal conflict," the report states. It notes a "long pattern" of inability to constructively disagree with competing viewpoints, and states that the LGBTQ policy issue came at a time of heightened board dysfunction.

Cummings attended or

viewed more than 40 meetings between October and June and conducted one-on-one interviews with each trustee.

He noted a lack of accountability and consequences for unprofessional behaviour, as well as a "significant distrust" of the school district administration among some trustees — and vice versa.

He recommended continued third-party monitoring, saying many issues that are disrupting

the board's governing ability are systemic and "virtually impossible" to fix from within.

"Attempting to solve them with current practice, and in the current environment, will only make (and have made) matters significantly worse," the report states.

Cummings recommended a complete review of the board's governing policies.

Eggen assigned Deputy Education Minister Curtis Clarke

“
Debate is frequently disrupted by emotion ... discussions are limited by inter-personal conflict.
”

Don Cummings

Friday to work with the Catholic board on improving its "governance capacity and competencies."

Clarke has ordered the board to submit an implementation plan by Sept. 30 that will outline plans for improvement on a number of points over the next 15 months.

Catholic board chair Marilyn Bergstra issued a statement to media saying the board has met several times in private recently to build solidarity between trustees and has initiated a complete review of its policies.

"It is unfortunate that what has come to define us negates all the hard work, talents and passion of the members that make up our Board," she wrote.

+ TIMELINE

The events of the Catholic board's challenges

Sept. 15, 2015

A board meeting on a washroom policy for transgender students devolved into a shouting match.

Oct. 13, 2015

Trustees approve the inclusivity policy's first reading despite infighting. The next day, Education Minister David Eggen announces he has assigned a professional facilitator to work with the board.

Jan. 15, 2016

The board sends a letter to parents containing anti-transgender comments.

Jan. 19, 2016

Eggen says he is considering dissolving the Catholic school board over its recent dysfunction.

March 15, 2016

The board passes a watered-down version of its inclusivity policy, which critics call inadequate.

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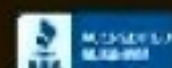
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Sexism cited as barrier in local politics

EQUALITY

Study finds just 23% of local elected leaders are women

Halena Seiferling imagined that, of all political realms, the municipal level would be where women were most represented — in mayors' offices and city council seats across Canada.

None of that onerous travel to and from legislative capitals. The absence of party systems and the partisan vitriol to which they are prone. Issues, from speed bumps to public libraries, closest to neighbourhoods and home.

"People assume that the municipal level is just inherently more accessible for women or more welcoming," the 26-year-old Regina native told *Torstar News Service*. However, "based on the numbers in Canada, that's not reflected."

Seiferling, who led a study at Simon Fraser University for her master's degree in public policy, found that while Canadian women have been legally able to run for political office for almost a century, they "remain severely under-represented at all levels."

As of 2015, she said, women comprised 26 per cent of legislators at the federal level, 25.7 per cent provincially, and just 23 per cent in municipal governments.

The issue, she found, is not voter behaviour or gender bias. Canadians have shown they will vote for women. The problem, she said, is there are "too few women running for municipal offices in Canada."

And the chief reason for that, she said, is "persistent sexism."

+ REPORT

Seiferling's report recommends:

- Mentorship programs for young women, pairing them with city councillors.
- Campaign finance reform to level the playing field.
- Direct provision of campaign funds to women.

Negative attitudes, sexist comments, and obsession with women's age, appearance and communication styles continue to prevail, Seiferling was told by women who have been elected mayor or city councillor.

To help in the challenge of changing culture, Seiferling adopted Prime Minister Justin Trudeau's decision to apply gender parity in appointing his federal cabinet, recommending that municipalities mandate gender equity for all advisory committees and boards.

Such a measure would address "the biggest barrier identified in my research — that of the unwelcoming political culture," she said.

It would ensure that "more women are present in municipal decision-making spaces, which will begin to shift the political culture," she wrote. And it would build skills and experience in women that would likely lead to the confidence, networks and support necessary to pursuing elected positions.

"Having more women involved in municipal decision-making spaces, before they even have to be elected, then hopefully the political culture would change a bit more quickly."

TORSTAR NEWS SERVICE

LONDON, U.K.



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Don't worry, Canada — Pokémon Go has finally landed. Now Canadians can officially join people all over the world in catching their virtual reality Pokémon friends. AFP/GETTY IMAGES

AUGMENTED REALITY

Catch 'em all, Canada

Prospective Pokémon trainers can officially download the mobile gaming sensation Pokémon Go in Canada as of Sunday afternoon.

The augmented-reality game launched in the United States, Australia, New Zealand and Japan earlier this month.

But before Sunday, Canadians had to find workarounds to play the game north of the 49th parallel.

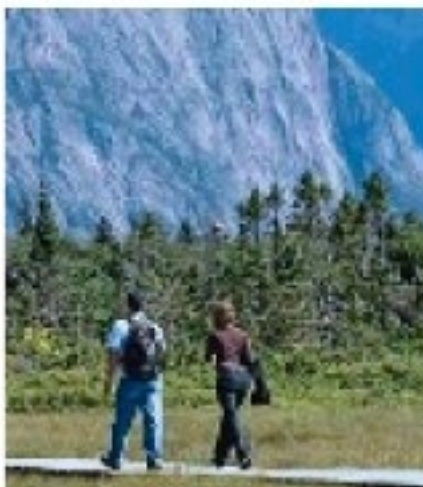
The game sends players into the real world to search for the mythical digital pocket monsters known as Pokémon, who appear on-screen when users hold up their smartphones in various locations at various times of the day.

On Sunday afternoon, it was announced on the app's Twitter page that the game is available for download in Canada on Android and iOS devices.

But the app's servers overloaded in the hour after the announcement, and wannabe players had to wait a little longer before they could register an account.

THE CANADIAN PRESS

Early fossil bed a world heritage site



A couple walk along a boardwalk on their way to Western Brook Pond

A rocky stretch of coastline along the southeastern tip of Newfoundland that holds secrets about the origins of complex life has been declared a world heritage site by the United Nations Organization for Education, Science and Culture.

Mistaken Point, so-named for its frequent disorienting fog, is home to the oldest-known evidence of early multicellular creatures.

The 565-million-year-old sea floor is embedded with the remains of ancient fossils, slowly exposed by the pounding Atlantic surf. Preserved in time by repeated volcanic ash-falls, the fossils include some of the earliest animal-like creatures ever discovered — a rare glimpse into what it was like "when life got big."

The decision was announced in Istanbul after a hurried review by the UNESCO

World Heritage Committee on Sunday. The annual meeting had been cut short by a coup attempt in Turkey less than 48 hours earlier, forcing the committee to fast-track its agenda.

More than 6,200 kilometres away, a small crowd gathered in the Edge of Avalon interpretive centre in Portugal Cove South, N.L. to watch a live online feed of the proceedings. THE CANADIAN PRESS

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People gather to mourn next to flowers and candles placed on the road for victims of the deadly Bastille Day attack. AFP/GETTY IMAGES

Arabs living in Nice suffering from racism

BASTILLE DAY

Truck driver who killed 84 people was a 'loner'

It's only 15 minutes on the number 4 bus from Massena square to the gritty St. Roch neighbourhood, where the Rolls Royces and designer sunglasses of Nice's famous waterfront seem more than a world away.

The bus follows the banks of the Paillon river, past Don Bosco High School, a prison and a slaughterhouse before letting passengers off at the gates of a garbage processing facility.

Mohamed Lahouaiej Bouhlel, the man who killed 84 people by driving a 17-tonne truck through a crowd celebrating Bastille Day, lived on the fourth floor of a dingy walk-up building here. His name is misspelled on the intercom.

Unlike Rio de Janeiro, where the impoverished favelas are on the hills, here luxury condos loom over the poor neighbour-

hood. It's a constant reminder of the wealth the people who live here are missing out on.

Like many of France's infamous banlieues, St. Roch is populated largely by North African immigrants and their children, and has disproportionately high unemployment and crime.

At Chez Elies, a local kebab shop, a group of men hang out drinking coffee and Fanta, rolling cigarettes and listening to music through the open door of a parked car. Each one of them knew Bouhlel by sight, but said he wasn't one to stop and chat — a practice common in the tightly knit neighbourhood.

"He was a loner. He drank his Kronenbourg (a local beer) alone in the park right across the street," said Wissem Addali, 38, who immigrated to France 20 years ago from the same region of Tunisia as Bouhlel.

Nice is one of France's biggest terrorist recruiting hubs. More than 50 locals have departed to fight in the Middle East, according to the Economist.

Authorities said Bouhlel "radicalized very quickly" and have found two text messages sent in

+ POLICIES

Christian Estrosi, former mayor of Nice and now president of the regional government, brought in several measures widely seen to target the Arab population. In 2012, yelling, instruments and foreign flags were banned during weddings. In 2014, foreign flags were banned anywhere in public.

the moments before the attack that seem to suggest he had accomplices.

CCTV footage reportedly shows Bouhlel twice scouting the Promenade des Anglais, where he carried out his mass murder. French television station BFM reported that he drove slowly down the boulevard on Tuesday and Wednesday.

After tracing Bouhlel's texts and phone calls, police arrested an Albanian couple Sunday, local press reported, bringing the total to seven.

Bouhlel's ex-wife, who was

held for 48 hours, was released Sunday. Reporters who knocked at her 12th-storey apartment were rebuffed.

She was well known in the area as well, said Walid, 30, who wore an electronic monitor on his ankle and didn't want to give his last name out of fear it might impact his criminal proceedings.

Walid said that the Arabs who live in Nice are paying twice for the attack: first as victims and now as perceived perpetrators.

Everyone at the kebab shop was on the "prom" Thursday night. All of them have close-call stories and know someone who didn't make it. But instead of sympathy, they say they get suspicion.

"Arabs don't have the right to be individuals, to make choices to be good or bad. No, if an Arab kills someone, he's not a murderer, he's a terrorist," Walid said.

All those gathered at the kebab shop agreed that France has a problem with anti-Arab racism, and that it's gotten worse since it first came to the world's attention with widespread rioting in 2005. TORSTAR NEWS SERVICE

TURKEY

Crackdown after failed coup concerns some

Following a failed coup against Turkish President Recep Tayyip Erdogan, the government moved swiftly Sunday to shore up his power and remove those perceived as an enemy, saying it has detained 6,000 people.

The crackdown targeted not only generals and soldiers, but a wide swath of the judiciary that has sometimes blocked Erdogan, raising concerns that the effort to oust him will push Turkey even further into authoritarian rule.

Friday night's sudden uprising by a faction of the military appeared to take the government — and much of the world — by surprise.

The plotters sent warplanes firing on key government installations and tanks rolling into major cities, but it ended hours later when loyal government forces regained control of the military, and civilians took to the streets in support of Erdogan. At least 294 people were killed and more than 1,400 wounded, the government said.

On Sunday, Prime Minister Binali Yildirim said the coup had failed and life has returned to normal.

"Another calamity has been thwarted," Yildirim said. "However, our duty is not over. We shall rapidly conduct the cleansing operation so that they cannot again show the audacity of coming against the will of the people."

Yildirim said those involved with the failed coup "will receive every punishment they deserve." Erdogan suggested that Turkey might reinstate capital punishment, which was legally abolished in 2004 as part of the country's bid to join the European Union.

Speaking to a large crowd of supporters in front of his Istanbul residence Sunday evening, Erdogan responded to frequent calls of "We want the death penalty!" by saying: "We hear your request. In a democracy, whatever the people want they will get."

TORSTAR NEWS SERVICE



Supporters of Erdogan gather in Istanbul. GETTY IMAGES

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REPUBLICANS

Tensions high before convention

The day before the Republican National Convention got underway in Cleveland, the fatal shooting of three police officers in Louisiana on Sunday added new concerns about security as huge crowds were expected to protest and the city police chief prepared officers to deal with the open carrying of weapons as allowed by state law.

Republican Ohio Gov. John Kasich rebuffed a request by the head of the Cleveland police union to suspend that law during the convention, saying he doesn't have the authority to "arbitrarily" alter laws and constitutional rights.

Kasich, who has pushed programs to heal rifts between communities and police after several fatal police shootings, said those bonds must be "reset and rebuilt."

"Everyone has an important role to play in that renewal," said Kasich, who called law enforcement "a noble, essential calling."

Authorities say three officers were killed in Baton Rouge, Louisiana, and three more injured in a shooting less than one mile from local police headquarters.

Sunday afternoon, hundreds of people lined a bridge leading into downtown Cleveland in a peaceful "Circle the City With Love" rally. Participants standing on opposite sides of the bridge from one end to the other held hands and stood in silence for several minutes.

Late Sunday afternoon, a few dozen people began marching in a noisy "Shut Down Trump and the RNC" from east of downtown toward Public Square.

The morning started with Cleveland Police Chief Calvin Williams saying barricades have been placed at key streets and intersections in the city's downtown before the start of the convention to thwart the type of attack that occurred in France when a man drove a large truck into crowds, killing 84 people.

There have long been concerns about violent protests and clashes between those who support the presumptive nominee, Donald Trump, and those who oppose him and his inflammatory rhetoric. There have been reports that anarchists and black separatists also plan to protest in Cleveland during the convention, Williams said. THE ASSOCIATED PRESS



Donald Trump, right, and VP candidate Mike Pence AP



Police guard areas around the city of Baton Rouge, Louisiana on Sunday. Multiple law enforcement officers were killed and wounded Sunday morning in a shooting near a gas station in Baton Rouge, less than two weeks after a black man was shot and killed by police. THE ASSOCIATED PRESS



'No place for more violence'

Three Baton Rouge officers killed in shooting less than two weeks after a black man was shot and killed in the city by police in a confrontation that sparked mass protests. THE ASSOCIATED PRESS

Three Baton Rouge law enforcement officers investigating a report of a man with an assault rifle were killed Sunday, less than two weeks after a black man was fatally shot by police here in a confrontation that sparked nightly protests that reverberated nationwide.

Three other officers were wounded, one critically. Police said the gunman was killed at the scene. Although he was believed to be the only person who fired at officers, authorities said they were unsure whether he had some kind of help.

"We are not ready to say he acted alone," state police spokesman Major Doug Cain said. Two "persons of interests" were detained in the nearby town of

Addis.

A witness described the gunman as wearing all black and carrying extra clips of ammunition. He was identified as Gavin Long of Kansas City, said East Baton Rouge Parish Mayor-President Kip Holden.

The 29-year-old black man served in the Marines from 2005 to 2010, reaching the rank of sergeant. He deployed to Iraq from June 2008 to January 2009, according to military records.

Long was awarded several medals, including one for good conduct, and received an honorable discharge. His occupational expertise was listed as "data network specialist."

The University of Alabama issued a statement saying that

Long attended classes for one semester in the spring of 2012. A school spokesman said university police had no interactions with him.

It was the fourth high-profile deadly encounter in the United States involving police over the past two weeks. In all, the violence has cost the lives of eight officers, including those in Baton Rouge, and two civilians and sparked a national debate over race and policing.

Authorities initially believed that additional assailants might be at large, but hours later said there were no other active shooters on the loose. They did not discuss the gunman's motive or any relationship to the wider police conflicts.

The shooting began at a gas station on Airline Highway. According to radio traffic, Baton Rouge police answered a report of a man with an assault rifle and were met by gunfire. For several long minutes, they did not know where it was coming from.

"There simply is no place for more violence," Gov. John Bel Edwards said. "It doesn't further the conversation. It doesn't address any injustice perceived or real."

Of the two officers who survived the shooting, one was hospitalized in critical condition, and the other was in fair condition. Another officer was being treated for non-life-threatening injuries, hospital officials said. THE ASSOCIATED PRESS

+ MESSAGE

Just days before he was shot and killed Sunday morning, a Baton Rouge police officer posted an emotional Facebook message saying he was "physically and emotionally" tired.

He expressed how difficult it was to be both a police officer and a black man, a friend said. "I swear to God I love this city but I wonder if this city loves me," Montrell Jackson wrote.

THE ASSOCIATED PRESS

Obama urges unity amid police killings in Baton Rouge

Confronting another killing of police officers, President Barack Obama on Sunday urged Americans to tamp down inflammatory words and actions as a violent summer collides with the nation's heated presidential campaign.

Obama said the motive behind Sunday's killing of three officers in Baton Rouge, Louisiana, was still unknown. It was the latest



We as a nation have to be loud and clear that nothing justifies attacks on law enforcement.

U.S. President Barack Obama

in a string of deadly incidents involving law enforcement, including the police shooting of a black man in Baton Rouge and the killing of five officers in Dallas.

"We as a nation have to be

loud and clear that nothing justifies attacks on law enforcement," Obama said in remarks from the White House briefing room.

The president spoke on the eve of the Republican Party's na-

tional convention, where Donald Trump will officially accept the GOP nomination. The businessman has cast the recent incidents as a sign that the country needs new leadership, often using heated rhetoric to make his point.

"Every one right now focus on words and actions that can unite this country rather than divide it further," Obama said.

Obama has spent most of the

last week focused on defusing tensions and rebuilding trust between police departments and the communities they serve.

On July 7, an Army veteran opened fire on law enforcement in Dallas, killing five and wounding seven other officers. The shooter, who was black, said he wanted to kill white people, especially white officers.

THE ASSOCIATED PRESS



Tammy Meyers, co-founder and chief operating officer of QuestUpon Technologies, poses on the boardwalk at the Quay in New Westminster, B.C., on Thursday with her iPhone and, left, with a digital elk on the company's app. THE CANADIAN PRESS

Women hoping to disrupt tech sector

ENTREPRENEURS

Forum to tackle women's lagging entry into tech world

Technology entrepreneur Tammy Meyers does a mental count every time she attends a business conference promoting the augmented reality company she co-founded. Almost always, she's one of the only women in the room.

Meyers is chief operating officer of QuestUpon, a British Columbia tech firm that's been garnering accolades for virtual

tourism experiences similar to the new Pokémon Go craze. She's been watching the province's tech industry advance rapidly, but hasn't seen women prosper at the same rate.

"There's probably more of a hill to climb for women to prove themselves, when it's a male-dominated space," she said.

Meyers blames the imbalance on factors from subtle sexism to lack of women in prominent roles, a view shared by several other female entrepreneurs. They also share a vision for spurring progress equal to the tech boom that's transforming the provincial economy and say their involvement is key

to being globally competitive.

An upcoming gathering of 500 female business leaders and another 500 young women will tackle their lagging entry into the exploding tech-driven business world. Organizers of the Vancouver forum "We for She: Championing the Next Generation," have calculated it will take 100 years for women in Canada to achieve parity in the industry at the current rate of advance.

Women make up 54 per cent of B.C.'s post-secondary graduates in science and technology, but hold less than 10 per cent of senior leadership, according to the B.C. Innovation Council.

THE CANADIAN PRESS

INVESTING

Private equity firms zeroing in on oilpatch bargain prices

The largest energy-focused private equity firm in Calgary is ramping up its oilpatch investing pace to take advantage of bargain prices and an expected recovery in oil prices next year.

ARC Financial Corp. has been more active than usual in 2016, fuelled in part by \$1.5 billion pledged a year ago to a new investment fund, said co-CEO Lauchlan Currie in a recent interview. ARC has \$5.3 billion in investor commitments through eight energy funds and has invested in over 180 companies over the past two decades.

"We are backing a number of early stage private companies that are out looking for acquisitions," Currie said.

"We just see it as one of the best opportunities in a long time because we're anticipating a recovery probably into 2017. And we're capturing high-quality assets that you're just not normally going to get access to."

Bruce Edgelow, vice-president of strategic initiatives for ATB Financial, said in a recent interview that commodity price volatility has made it difficult for buyers and sellers to agree on



Investors are waiting in the wings to spend money in Western Canada's oil and gas sector, says one expert. THE CANADIAN PRESS

prices over the past two years. But he said there are plenty of well-heeled Canadian and international investors waiting in the wings to spend money in the Western Canada oil and gas sector.

"We think the number is very conservatively \$10 billion Cdn that is available to do the transactions," he said.

"The capital has been there almost since this downturn started but we have not seen the deployment of it quite yet because the gateposts are fairly wide between the buyers and the sellers."

Last week, Rising Star Resour-

ces, a newly created junior oil and gas producer, announced it had raised \$25 million from private equity firms Lex Capital of Regina and 32 Degrees Capital of Calgary.

CEO Steve Sugianto said accessing private equity was the only option for Rising Star which wanted to buy oil-weighted production at a reasonable price — \$30 million — from Calgary junior Petrus Resources. "We were looking for private because we feel like, with the timing, the public market is still not quite open yet for the small guy," he said.

THE CANADIAN PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION Which is grammatically correct: 'between you and me' or 'between you and I'? My grandmother seems pretty convinced that it's the latter.

Dead Ellen,

A woman at work told me that "between you and I" is wrong and I should say "between you and me," but my grandmother in Guelph taught me to always say "you and I" because that is more polite. What do you think?

Signed,
T.S., Toronto

Dear T.S.,

A link went around on Facebook recently, citing a University of Michigan study that indicated that sticklers for proper grammar aren't as "nice" as other people. I think we can all agree that I would never claim to be nice as I dispense my tart but brilliant advice to readers such as yourself. But I have laid off correcting people's grammar over the years, for several reasons.

Firstly, language is an ever-changing beast and it's often pointless to cling to old rules. Much as we hate to see language manglers confuse "comprise" with "compose" or "continual" with "continuous," we have also gained helpful new usages, such as the wonderfully sarcastic "I could care less" and the increased use of the non-binary "they" instead of "he" or "he/she" as a singular pronoun.

Secondly, as long as people are expressing themselves clearly, there's no need to snobbishly squelch them mid-communicé with dribbling excretions

I'm guessing your grandmother's labouring under the commonly held belief that if something sounds awkward, then it's probably correct.

BETWEEN
THIS PERSON
AND THIS PERSON...



© Ani Castillo

from your own, supposedly better-educated brain.

The only time I will weigh in is with children in my care, because proper grammar is a tool like any other you want to put in their arsenal, to use as they see fit, as they head out into the world; and with pompous know-it-alls and poseurs, people who affect what they think is good grammar in a bid to appear more polite or better educated, but who are in fact merely rigid, pretentious and egregiously wrong.

I'm sorry to say that your grandmother may fall into the latter category. Of course I don't know the woman, and after writing

this column, I doubt I'll ever be given the pleasure of an introduction. But I'm guessing she is labouring under the commonly held belief that if something sounds a bit awkward, then it's probably more correct. Fie on that misconception. I'd much rather hear speakers say "me and her went to the store" than "I went to the store with she, and I walked between she and the road."

The first example is wrong (because you'd never say "me went to the store" or "her went to the store"). But the second example, also wrong, seems even worse because it clangs on the ear whether you know proper grammar or not.

When in doubt, go with the vernacular, rather than put on airs with awkward constructions that you're unsure of.

Which brings us back to your grandmother. I applaud her for trying to make you sound more polite, but I must insist you think more critically next time anyone insists you follow a rule without justifying the reasons behind it. She didn't have the Internet. You do. If you really care about proper grammar, start getting into the habit of looking things up.

Need advice?
Email Ellen:
scene@metronews.ca

How worried should we allow ourselves to be?

Matt LaForge
Metro

What's the worst that can happen?

Three more police officers have been killed, evidently by another man with a big gun, this time in Baton Rouge, La. As of this writing, details are scarce, but no one can help but assume that this, like the attack in Dallas, was a vicious, misguided act of revenge.

Today, the Republican convention begins in Cleveland. The party will nominate Donald Trump as its presidential candidate and it will present a platform shot through with the white Christian nationalism that Trump has loudly championed on the trail.

The violence in Baton Rouge and Dallas — not to mention Minneapolis, Nice and Turkey — gives Trump, whose campaign had been flagging prior to the recent violence, a fresh opportunity to offer fascist consolations, a new context in which to rail against the enemies who threaten the country, to vow to make these enemies pay, and to personally ensure that his supporters' lost glory will be restored.

"Trump has lent his party ... a prompt to conservatives, to feel themselves unconstrained," Benjamin Wallace-Wells of the New Yorker wrote Sunday.

The head of Cleveland's police union, having contemplated the prospect of unconstrained-feeling conservatives assembling in his city, plans to petition Ohio governor John Kasich to suspend the state's open-carry gun laws during the convention. The irony behind the request is dark even by summer 2016 standards: The police can ban tennis balls from the convention protest

zone but, because Ohioans are constitutionally empowered to brandish rifles, they can't ban guns.

A lot of people have lately been talking about the 1968 Democratic convention in Chicago, where the police attacked antiwar protesters with clubs and tear gas for nights on end. You've heard the story told: the anti-Vietnam War movement had reached its apotheosis, Martin Luther King and Robert Kennedy had been assassinated, and the Newark and Detroit race riots were recent, vivid memories. The parallels to 2016 are easy to spot if you're looking for them.

The '68 riots are central to 20th-century American political folklore. They're invoked gravely but with a certain fondness: A needed reckoning, a necessary exercise. Some eggs got cracked but the omelette got made.

At the other 1968 convention, the Republicans nominated Richard Nixon. No riots. Here's what one of his top advisers, John Erlichman, said, in 1994, about what happened next:

"The Nixon campaign in 1968, and the Nixon White House after that, had two enemies: the antiwar left and black people ... By getting the public to associate the hippies with marijuana and blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. ... Did we know we were lying? Of course we did."

Call it a program of conservatives who felt themselves constrained.

"A lot of subtext is going to become text in the next few days," wrote Tommy Craggs, of Slate, the day after the Dallas shooting.

Is that the worst that can happen?

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Flexing that side hustle muscle



Ashley Mckee uses the money from selling costumes on the side to fund her Roller Derby hobby. LIZ BEDDALL/METRO

TREND

Precarious job situation has many working extra gigs



May Warren
Metro | Toronto

After a long day at work Ashley Mckee heads home to flex her side hustle muscle.

The 31-year-old Torontonian makes adult Sailor Moon outfits and sells them on Facebook, a gig she estimates brings in about

\$800 a month on top of what she earns in her full-time position at a mascot manufacturer.

"My nine-to-five job covers all the bills and everything but there's very little left over for fun stuff," she said.

"I thought I could make a little bit extra on the side turning my hobby into an extra little job."

Mckee is one of many millennials turning to side hustle in an increasingly uncertain job market as the cost of living in cities continues to climb.

Covering everything from teaching English over Skype to driving an Uber, the term has even found its way into Urban Dictionary, where it's defined as "sideline that brings in cash."

Andrew Cash, cofounder of the Urban Worker Project, which advocates for young workers, said while many may enjoy the flexibility a side job can bring, it's important to put the trend in context.

"The underlying sort of motive and motivation for most people here is just that they're just not covering their bills," he said.

Younger workers can find it hard to make ends meet faced with sky-high rents in cities and record levels of student debt, coupled with a job market full of temporary, part-time jobs, he said.

Recent Ryerson University grad Yaiza Décaudin has two

side gigs on top of her part-time position at a bakery, freelance graphic design and tutoring. They make up one full-time job "in terms of time, but not money," she said with a laugh. While the 22-year-old enjoys the freedom the arrangement gives her to travel, it leaves her without benefits.

For Cash there's no "silver bullet" to the underlying problem, but it's something all levels of government and industry need to take very seriously. "Work really has changed, but wasn't hasn't changed is the need for workers to have stable, predictable jobs in communities where they can afford to start a life," he said.

FIVE WAYS TO MAKE SOME EXTRA CASH

Young adults across the country are hustling hard to make ends meet — on top of their regular jobs. Here are five ways

almost anyone can turn their hard work and creativity into a little extra cash.

GENNA BUCK/METRO CANADA

1 Tap your talents

Can you knit? Make meringues? Chances are you can find people who would love to tap into your skill set. That's what 23-year-old Niloufar Fayaz, who loves baking, decided to do when she found herself between administrative jobs. While she looks for a job, Fayaz has been teaching others to make macarons in her Toronto kitchen for \$90 per three-hour workshop.

2 Go shopping

Mystery shopping is a part-time market research gig where you pose as a customer at a business then fill out a questionnaire evaluating their level of service. Mystery shoppers get a small fee, typically \$10-20, and often get to keep what they buy. But beware of scammers: Real mystery shopping companies never pay in advance and don't ask you to send your money anywhere.

3 Share your opinion

If you're in a demographic they're interested in, many companies pay cash or gift cards for your opinion on anything from the taste of beer to your experience with medical treatments. In-person groups, which are held in cities around the country, usually pay the best. And again, be wary of scammers: You shouldn't have to pay to sign up with a reputable company.

4 Be a wallflower

Those people who stand around looking cool in the background of a music video — or concerned, in the case of a police procedural — are often casual workers paid a day rate for a long shift on a movie or TV set. This side hustle often comes with meals and is especially popular in film industry hotspots like Vancouver.

5 Ride your bike

Package-delivery companies and sharing-economy start-ups like Uber Eats regularly hire bike couriers on a contract or casual basis. Erik Smith, 22, a recent graduate of Humber College's Comedy Writing and Performance program, said he makes \$100 on a really good day delivering take-out meals by bike in Toronto.

AMAZING RACE

Contestant's last chance to see the world

It's never easy to see the finish line on The Amazing Race Canada. This season, however, one competitor is attempting to run the race blind.

Lowell Taylor, a 34-year-old psychologist from Lethbridge, Alta., is the first legally blind contestant on either the Canadian or American version of The Amazing Race. He and his wife Julie, a 33-year-old speech and language pathologist, are

sitting in the seventh spot heading into week four of the show's fourth season, which airs Tuesdays on CTV.

Lowell is coping with retinitis pigmentosa (RP), a degenerative eye disease that has left him with no peripheral vision, reduced central vision and night blindness.

His central vision has narrowed to within a 15 per cent range.

"When I look at your eye," he says, "I don't see your mouth."

By competing in the race, Lowell hopes "to be an inspiration to young people and people who need to overcome challenges."

Especially to two preschoolers back home in Lethbridge, adds Julie. "I'm looking forward to our own kids seeing what their dad can do despite his disability."

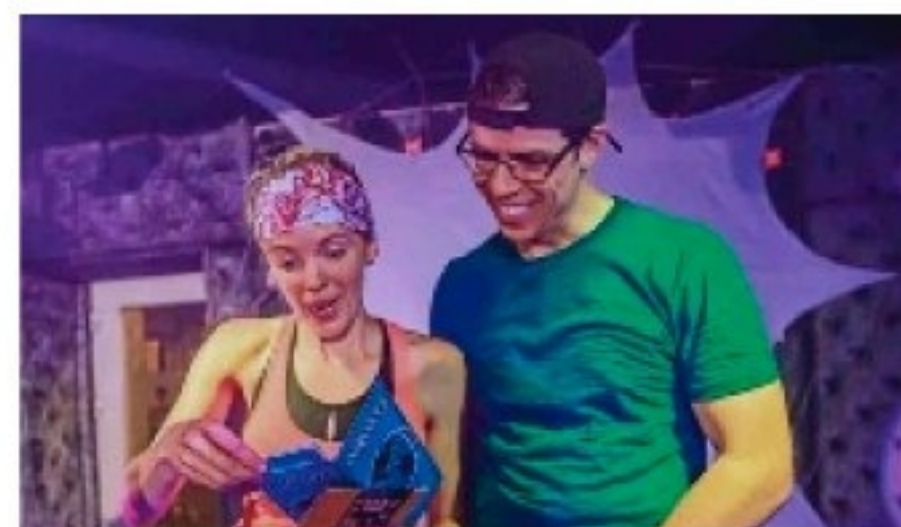
Executive producer John Brunton says there was debate about

casting a blind competitor.

"In his audition tape, he said he wanted to attempt to compete equally with everybody else," says Brunton. "Thank God he has a partner."

The Taylors would love to win the \$250,000 grand prize to help fund Lowell's other dream: participating in the Paralympic Games. He's been training in road and track cycling.

THE CANADIAN PRESS



Julie Taylor, left, and her husband Lowell, the first legally blind contestant on The Amazing Race Canada, compete in a karaoke challenge. CONTRIBUTED



JOHANNA SCHNELLER
WHAT I'M WATCHING

We've now hit peak antihero



Behold a couple of antiheroes: Danny McBride is Neal and Walton Goggins is Lee in *Vice Principals*. CONTRIBUTED

THE SHOW: *Vice Principals*, Season 1, Episode 3 (HBO)
THE MOMENT: The vicious insults

U.S. high school vice-principals Neal (Danny McBride), a relentless boor, and Lee (Walton Goggins), a smarmy liar, can't stand each other. But they hate their new principal, Dr. Belinda Brown (Kimberly Hebert Gregory) more. They've formed an uneasy alliance to ruin her life. Now, standing outside by the school flagpole, they watch her exit her car.

"Look at her, like a f—in' dinosaur," Lee sneers. With each of her steps toward them, he mocks her weight. "Boom, boom, boom. I can see the edge of her f—in' Spanx. Look at that ass."

"Ugh," Neal says.

"I bet when she gets up here she smells like f—ed buttocks," Lee says.

Yuck, on every level. I understand the concept of the loathsome loser. I get that "anti-hero" is the kind of hero TV loves best now. But I fervently hope this show proves that we've hit Peak Antihero — or rather, Nadir Antihero.

It's one thing to watch a character who's terribly flawed — who's lonely, divorced and in debt, who doesn't know how to function, who says all the wrong things all the time — as Neal is. But it's another if they're purely asinine. Neal can't get through a single scene without some sort of viciousness, ugliness or stupidity (and often all three). It's soul-crushing.

Maybe Neal will learn and grow. Maybe show creators McBride and Jody Hill are doing a trenchant send-up of the frustration that formerly privileged white men feel when society no longer values them.

I don't care. They lost me at "butthole."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

OITNB draws ire of U.S. veterans' groups

CONTROVERSY

Portrayal of ex-military adds to stigma experts say

Leading veterans' groups are disturbed by the way veterans

hired as prison guards are portrayed in the new season of the Netflix series, *Orange Is the New Black*.

The veterans' groups say they take issue with the way the new guards disparage the inmates throughout season four of the drama that takes place in a women's prison and the way they talk about

their combat experiences.

The Veterans of Foreign Wars called the show "offensive." Iraq And Afghanistan Veterans Of America said it will further stigmatize veterans, and Disabled American Veterans said the show is out of the touch with the reality of the veteran experience.

Netflix didn't respond to

multiple messages left Thursday and Friday seeking comment.

In one scene in the finale, a guard tells another guard about innocent people he killed in Afghanistan.

After spending so much time chasing bad guys, he said, "you get so mad, tired and bored" that you "just grab a farm kid" and make him juggle live grenades until one blows up.

That's egregious, and just one way veterans are misrepresented, said Dan Clare, the national spokesman for DAV and an Iraq War veteran.

The danger, Clare said, is that *Orange Is the New Black* is a popular show airing at a time when many service members are returning home and looking for jobs.

If the public has a negative perception of veterans, that will affect how they're able to transition back into civilian life, he said.

VFW national commander John A. Biedrzycki Jr. said the show's writers and producers chose to offend all veterans because they needed new villains.

He spoke out Thursday, after a 27-year-old Air Force veteran, Tahlia Burton, wrote an opinion piece about the show for a military news and culture website, Task & Purpose.

Burton describes herself as a "huge fan" of the show. After binge-watching the fourth season, released in June, she said she was appalled because veterans are shown as "bloodthirsty, heartless killers and sexists."

She said she's not saying veterans deserve "hero status," but "don't portray us as a group of monsters."

"Orange Is the New Black" had the opportunity to portray veterans in a way that shed light on an identity that's widely misunderstood," she wrote.

"But instead, the show fed into the very worst stereotypes that we've been working so hard to overcome."

At IAVA, policy officer Jonathan Schleifer said the show's producers are unfortunately telling stories that will further stigmatize a community that has been through so much.

Biedrzycki said the "de-ranked veteran story line" must change and he asked for an apology.

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The show fed into the very worst stereotypes that we've been working so hard to overcome

U.S. Air Force veteran Tahlia Burton in an opinion piece she wrote for military news site Task & Purpose



The Veterans of Foreign Wars called *Orange Is the New Black* 'offensive' after the show portrayed veterans working as prison guards as 'monsters'. CONTRIBUTED



I enjoy getting to know my clients

WHY I LIKE MY JOB

Remi Ejiwunmi, 45, Midwife with Midwifery Care of Peel and Halton Hills (Greater Toronto Area)

As a midwife, I provide comprehensive prenatal care to women while promoting healthy lifestyles that benefit both mother and child. I attend to women in labour and birth, and assist new moms with postpartum recovery and newborn baby care. I also provide check-ups, ultrasounds and general counsel to optimize each client's birthing experience.

I started practising when I was 25 years old, after achieving a bachelor of science in psychology and bachelor of health sciences at McMaster University. I earned a position with my current practice right after graduation, and have continued to grow and learn professionally since 1996. I also completed my master of science in quality improvement and patient safety from the University of Toronto to gain additional skills.

I enjoy getting to know my clients and their families over the course of their pregnancies and beyond. Midwifery is unique in that it encourages clients to become actively involved in their own care — so it's rewarding to see my patients discover their strengths throughout that process of active involvement and then use those strengths on their journey through parenthood.



THE BASICS: Midwife

\$72,000

Median annual salary for experienced midwives. Those well into their careers can earn upwards of **\$90,000** per year.

+14%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, statcan.gc.ca and onetonline.org.

HOW TO START

Midwives are the only health care professionals specifically trained in out-of-hospital birth. The typical path for a registered midwife involves obtaining of a bachelor's degree in midwifery followed by the successful completion of the national board exam.

There are seven recognized midwifery programs available in Canada, and each province regulates midwifery differently. In most provinces, newly registered midwives must complete a one-year mentorship under the guidance of an experienced midwife.

WHERE YOU CAN GO

According to Statistics Canada, the nation has experienced an average increase of 3,110 births per year since 2011 (totalling an estimated 388,729 in 2015). A rising birth rate and population means there is a greater demand for registered midwives.

Midwives typically serve as primary caregivers to pregnant, birthing and postpartum women and their babies for the first six weeks of life in patient homes or birth centres. Additionally, most midwives are able to admit and discharge patients in local hospitals as needed. Midwives are also increasingly filling administrative and policy roles within the government, in education as faculty, and in policy roles with health care organizations.

COST CUTTING

Someone else's stuff may be the 'new' you are looking for

Gail Vaz-Oxlade
For Metro Canada



Looking for a way to get some "new" in your life without dropping big bucks. Why not hold a "new-to-you" party? Get together with some friends and exchange what they have for what you have. In the old days these were called Swap Parties. All kinds of things can be swapped.

Baked goods and frozen meals. Have a group of friends who love to cook? Start a dinner and dessert swap. You each make something you're particularly good at. You stick one in your own freezer and then bring a half-dozen to the

Swap Party. Bring a sample for everyone to try. Then swap so you go home with six new things for your freezer.

Cards, wrapping paper, bags, and other stationary. People always seem to have a ton of this kind of stuff hanging around. As long as you take home only as much as you bring to the party, everything comes out fair

DVDs, CDs, books and games. Have a bunch of games sitting on the shelf gather-

ing dust? Done watching those movies? Time to put New to You to work. There's nothing more satisfying than getting a new set of DVDs or books that are new to you without having to spend a cent. Hey, it's a little like shopping second hand but cheaper. If there's stuff left over at the end of the night, one person can take it all to the local library.

Clothing. Whether you're a stay-at-home mom who is just re-entering the workforce or you're simply looking to change up your style a bit, a clothing swap can work if the people involved are all of a similar size. Or maybe you want to swap clothes because you've gained or lost

weight, in which case you'll want multiple sizes at your party! If you're off-size, you can still play if your clothing swap includes accessories. Or focus on the one-wear outfits that have been hanging dejectedly in your closet. Think of all those outfits you bought for weddings or other parties that you haven't ever worn again.

Toys and baby gear. This is a great way to offer new-to-you toys to your kids. You each bring a couple of toys your

kids no longer play with to the party, swap, and go home with something fresh and enticing for your young'un.

You can have a swap party for anything you and your friends have similar interests in: plants or seeds, recipes (with accompanying samples) and coupons work in the fall when the focus moves back to nesting.

For more money advice, visit Gail's website at gailvazoxlade.com



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Volunteers are the heartbeat of the Servus Heritage Festival

Multicultural event draws thousands of helpers yearly

Helen Keller once said that "alone we can do so little; together we can do so much." In that spirit, the Servus Heritage Festival exemplifies what a group of people can accomplish together.

If each volunteer took just one shift, the annual festival would need 1,300 volunteers to run, but thankfully they gladly take much more than that, according to Megan Gauthier, Servus Heritage Festival's volunteer coordinator.

"Without our volunteers we wouldn't have a festival, truthfully. Everything is run through [their] tireless hours. They are the most important part of this festival," Gauthier says.

With over 750 volunteers operating nine different programs, as well as more than 1,300 volunteers enlisted by the cultural societies, there is a lot of behind-the-scenes work happening at the festival.

"A lot of volunteers love doing it because they get to see what happens backstage and all of the work that goes into making the magic

happen, which can be a lot of fun. Our volunteers definitely get to see the festival in a different light," Gauthier adds.

Festival organizers have much love for their volunteers, and the feeling is mutual: new volunteers are still returning to help out an average of five to 10 years later. Some have participated as long as 24 years.

Gauthier herself started as a volunteer before jumping into a lead role.

"I volunteered for five years before, and I just love everything about it. It's such a fun group and everyone is so excited to be there. Everyone loves the food, the people, the atmosphere," Gauthier says.

Shazia Amiri has been volunteering for 14 years now and has worked her way up to supervisor for Kidzworld.

"The reason I love it so much is the people. It gives me a chance to be in the community. You're part of this amazing festival and you can witness all of these different cultures come together as one," she says.

"As a social worker, it's a big thing for me that people can learn from and about each other, so that we can start to have more tolerance."



CONTRIBUTED

Join in

Servus Heritage Festival is still accepting volunteers for the July 30 to Aug. 1 event. All volunteers receive a hat, T-shirt, water bottle and all on-shift meals as well as bus passes to the site and a certificate of recognition. Spots are still available in Hole in One Putting Challenge, Food Ticket Sellers, Green Team, Kidzworld and Experienced Drives. To apply, please visit heritagefest.ca.



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BRITISH OPEN

Stenson wins first major with record-tying final round

Henrik Stenson is the champion golfer of the year, thanks to a final round for the ages.

He kept hitting the best shots of his life, one after another, and he needed each one to stay ahead of Phil Mickelson in a British Open duel that ranked among the best in major championship history.

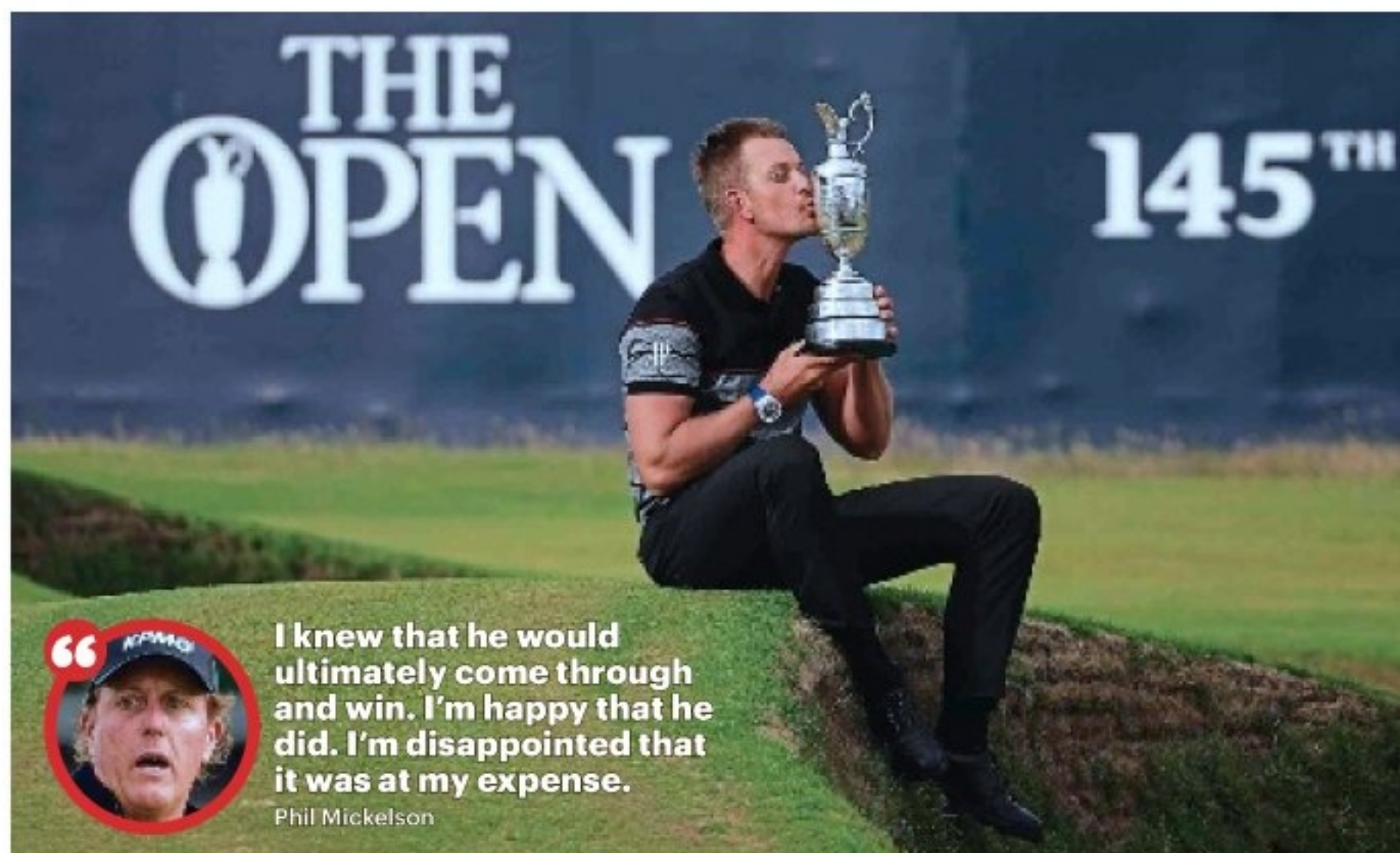
Stenson made 10 birdies, including a 50-foot putt across the 15th green that had him pumping his fist in a rare show of emotion Sunday.

The final stroke in this masterpiece was a 20-foot birdie putt on the 18th hole that curled into the cup on the final turn. It gave him an 8-under 63, tying Johnny Miller at Oakmont for the greatest closing round by a major champion, and Stenson didn't even realize it until he sat down to sign his card.

Records didn't matter. This was about winning his first major.

"Right now I'm running on adrenaline. But there will be some point when I'll struggle to make it up the stairs when I get back to the house," Stenson said after four hours of an epic battle between two 40-somethings at Royal Troon.

Mickelson was a runner-up



Henrik Stenson celebrates winning the British Open with the Claret Jug on Sunday in Troon, Scotland. MATTHEW LEWIS/GETTY IMAGES

for the 11th time in a major, but never like this. He can't look back at a mistake because he really didn't make any. He opened with a 63, closed with a career-best 65, shot the second-best score in Open history and was 11 shots better than everyone in the field.

Except one.

"It's probably the best I've played and not won," Mickel-

son said. "I think that's probably why it's disappointing in that I don't have a point where I can look back and say, 'I should have done that or had I only done this.' I played a bogey-free round of 65 on the final round of a major. Usually, that's good enough to do it, and I got beat. I got beat by 10 birdies."

He got beat by arguably the best final round in 156 years of

major championships.

Miller also made 10 birdies in his final round of the 1973 U.S. Open, and then waited to see if anyone could catch him. Stenson pulled away with birdies on the 14th and 15th holes, and then a third in a row after Mickelson drilled a 3-wood onto the green at the par-5 16th and came within a fraction of an inch of making an eagle.

The last birdie was for the record book.

Stenson finished at 264, breaking by one shot the 72-hole scoring record in the majors that David Toms set in the 2001 PGA Championship at Atlanta Athletic Club. His 20-under par matched Jason Day's record for lowest under par at last year's PGA Championship.

THE ASSOCIATED PRESS

LPGA

Ko comes out on top of 3-way playoff

Lydia Ko outlasted Ariya Jutanugarn and Mirim Lee to win the Marathon Classic on Sunday in Sylvania, Ohio, for her fourth LPGA Tour victory of the season.

The top-ranked Ko made a 10-foot birdie putt on the fourth extra hole after Jutanugarn and Lee ran into trouble.

"Just to see a putt drop for birdie I think kind of got my emotions going," Ko said. "I'm not really a huge fist pump kind of person, but I think it's probably the biggest fist pump I've ever done."

“

I'm not really a huge fist pump kind of person, but I think it's probably the biggest fist pump I've ever done.

Lydia Ko

Also the 2014 winner, Ko closed with a 2-under 69 at Highland Meadows to match Jutanugarn and Lee at 14-under 270. They played the par-5 18th four more times to finally decide the winner.

Ko now has 14 LPGA Tour titles. The 19-year-old New Zealander is 4-1 in playoffs, with the loss coming to Brooke Henderson of Smiths Falls, Ont., this year in the KPMG Women's PGA. THE ASSOCIATED PRESS

INDYCAR

Power completes Toronto hat trick

Will Power has won his third Honda Indy Toronto.

The Australian, who previously won the event in 2007 and 2010, captured the 85-lap race on the streets surrounding Toronto's Exhibition Place by 1.5275 seconds.

Brazil's Helio Castroneves was second ahead of James Hinchcliffe of Oakville, Ont.

Power, the 2014 IndyCar Series champion, started the race in fourth after qualifying.

THE CANADIAN PRESS



Will Power THE CANADIAN PRESS

TOUR DE FRANCE

Pantano wins mountain stage, Froome still in lead

Colombian rider Jarlinson Pantano won the brutal 15th stage of the Tour de France through the Jura mountains after a long breakaway on Sunday.

Pantano outsprinted Polish rider Rafal Majka to the finish line in Culoz.

Race leader Chris Froome finished slightly more than three minutes behind in a group including all of the other contenders and kept the yellow jersey.

THE ASSOCIATED PRESS

NHL

Lightning lock up Killorn for 7 years

The Tampa Bay Lightning avoided arbitration with forward Alex Killorn, agreeing to terms on a \$31.15-million, seven-year contract.

He'll count \$4.45 million against the salary cap through the 2022-23 season.

Killorn, who turns 27 in September, has 53 goals and 85 assists for 138 points in 272 regular-season NHL games. In 47 Stanley Cup playoff games, he has 15 goals and 18 assists. The Halifax native's 33 play-

LOOSE ENDS

Tampa Bay now has three restricted free agents: forwards Nikita Kucherov and Vladislav Namestnikov and defenceman Nikita Nesterov.

off points are the fourth-most among Canadian-born forwards over the past three years.

THE ASSOCIATED PRESS



Lydia Ko lines up a putt on Sunday. GETTY IMAGES

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Athletics done in by Jays' Donaldson

MLB

Star 3B catches up with Axford's two-seamer on second chance

Two days after striking out on an unexpected two-seam fastball from John Axford, Toronto slugger Josh Donaldson had a much better view of things when he faced the Oakland Athletics' reliever again.

This time Donaldson didn't get fooled and prevented the Blue Jays from getting swept in their first series coming out of the all-star break.

Donaldson hit a tiebreaking two-run double off Axford with two outs in the ninth against his former team and Toronto held on to beat Oakland 5-3 on Sunday to avoid a series sweep.

"He just started throwing a two-seamer and I didn't really know he had that," Donaldson said of Axford. "He busted it out on me (Friday), a good pitch. Today I was able to see it and get in a favourable count where I could zone it up more."

Donaldson, who was traded to the Blue Jays by the A's prior to last season, also singled and scored in the first inning.

Troy Tulowitzki homered while Russell Martin and Justin Smoak added two hits apiece for Toronto.

The Blue Jays needed it after losing their first two games coming out of the all-star break to fall four games behind first-place Baltimore in the AL East.

"We desperately needed that as a team," Toronto manager John Gibbons said. "We had the little lead, they came back and tied it. That's a big win for us."

J.A. Happ had won six consecutive starts but left here



Michael Saunders welcomes Josh Donaldson back to the dugout after the Jays' third baseman scored a run in the first inning Sunday. JASON O. WATSON/GETTY IMAGES

SUNDAY In Oakland

5	3
BLUE JAYS	ATHLETICS

after getting hit by line drives twice, including once near his left elbow by Jake Smolinski in the fifth. The Blue Jays' lefty allowed three runs over 5-2/3 innings with five strikeouts and one walk.

"Hopefully he'll be fine, but you never know if it's going to stiffen up on him," Gibbons said. "He gutted it out. That doesn't surprise me. I've seen him get hit in the head."

Smoak and Junior Lake hit consecutive one-out singles off John Axford (3-3) in the ninth. Donaldson then lined a 2-1 pitch down the left-field line to drive in pinch-runner Andy Burns and Lake. Donaldson, who played in Oakland from 2010-14, was greeted with a rousing ovation and chants of "MVP, MVP" from the crowd of 21,626 at the Coliseum.

"This is where it all started for me so it's always nice to see," Donaldson said.

THE ASSOCIATED PRESS

PIRATES 2, NATIONALS 1 (18)

Marte finishes off marathon in D.C.

After more than five hours of baseball between his Pittsburgh Pirates and the Washington Nationals, Starling Marte had all he could take.

"Too many innings," Marte said. "We were tired. It was time for a home run."

Marte's solo home run off Oliver Perez in the 18th inning on

Sunday gave the Pirates a 2-1 victory in a marathon game in D.C. that was the longest for both teams this season.

"I just love the grit of our club," said manager Clint Hurdle, whose Pirates snapped a three-game losing streak and avoided a series sweep. "I don't know if it builds character. It definitely reveals character."

THE ASSOCIATED PRESS



AL EAST

	W-L	PCT.	GB
Orioles	53-37	.589	-
Red Sox	51-39	.567	2.0
Jays	52-42	.553	3.0
Yankees	45-46	.495	8.5
Rays	35-56	.385	18.5

AL CENTRAL

	W-L	PCT.	GB
Indians	54-37	.593	-
Tigers	48-44	.522	6.5
Royals	46-45	.505	8.0
White Sox	45-46	.495	9.0
Twins	33-58	.385	21.0

AL WEST

	W-L	PCT.	GB
Rangers	55-38	.591	-
Astros	50-42	.543	4.5
Mariners	46-46	.500	8.5
Angels	40-52	.435	14.5
Athletics	40-52	.435	14.5



NL EAST

	W-L	PCT.	GB
Nationals	56-37	.602	-
Marlins	49-42	.538	6.0
Mets	49-42	.538	6.0
Phillies	43-50	.462	13.0
Braves	32-60	.348	23.5

NL CENTRAL

	W-L	PCT.	GB
Cubs	55-36	.604	-
Cardinals	47-44	.516	8.0
Pirates	47-45	.511	8.5
Brewers	39-51	.433	15.5
Reds	34-58	.370	21.5

NL WEST

	W-L	PCT.	GB
Giants	57-36	.613	-
Dodgers	52-42	.553	5.5
Rockies	42-49	.462	14.0
Padres	41-51	.446	15.5
D-Backs	40-53	.430	17.0

RECIPE Rigatoni with Peas and Spring Onions



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



- Juice of half a large lemon
- 1 Tbsp chopped fresh mint, plus more for garnish

Directions

1. Bring a large pot of salted water to boil over medium heat. Once boiling, add the pasta and cook 7 to 11 minutes, or until al dente. Drain the pasta and pour into a large bowl.

2. Mix pasta with peas, onions and feta. In a small bowl, whisk olive oil, lemon juice and mint. Drizzle dressing over pasta and toss throughout. Sprinkle pasta with another teaspoon of fresh, chopped mint and serve.

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Satisfy your carb cravings even on a hot summer night with this easy pasta – the only part that requires the heat of the stove is boiling the water for the pasta.

Ready in

Prep time: 15 minutes
Total time: 30 minutes
Serves 4 to 6

Ingredients

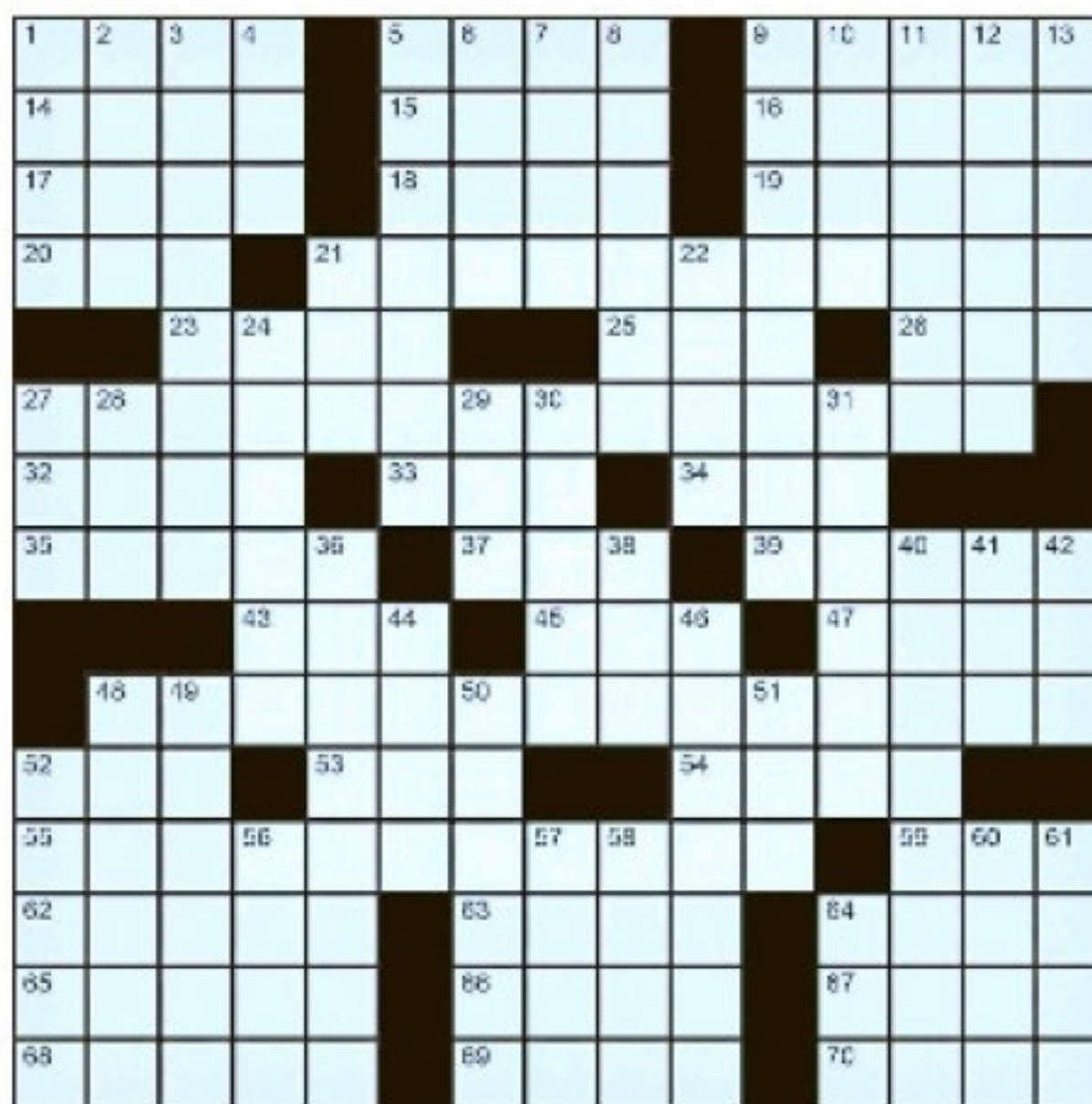
- 500g rigatoni pasta
- 2 cups fresh or frozen peas, cooked and drained
- 1 1/2 cups crumbled feta cheese
- 1 bunch green onions (about 4), sliced
- 1/3 cup olive oil

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Tick-tick tickers
5. Endorse
9. Porch 'instrument' sound
14. Tiredly sit, _ down
15. Iridescent gem
16. Old alphabetic symbols
17. In a competent manner
18. Mr. Auberjonois
19. Andes people, once
20. Sigma's follower
21. Smartphone communication: 2 wds.
23. Atmosphere
25. Sugar amt.
26. " _ and the Single Girl" (1964)
27. As in recent news, the NASA spacecraft Juno is in the what?: 3 wds.
32. Howl
33. Writer, Rita _ Brown
34. Over, to a poet
35. Legislate
37. Old airline, e.g.
39. Kindled again
43. Knowing interjections
45. NASA-like org., headquartered in Paris
47. Built
48. 'Where History Meets Opportunity' community in Nova Scotia: 2 wds.
52. "Today" competitor [acronym]
53. Director Mr. Burton
54. Yesteryear
55. Disposable
59. Li'l round rate



62. Grant
63. Stead
64. Fodder holder
65. Vatican City sculpture by Michelangelo
66. Offering at the wine & cheese party
67. Load
68. Impulsive

69. "Bill & _ Excellent Adventure" (1989)
70. Footwear faves from Australia

DOWN

1. Tiff
2. Napoleon's exile isle
3. 'C' of BC
4. Sleuth of sorts
5. Tedium
6. Climax
7. " _ Stand Losing You" by The Police

8. Swindle Island community in #3-Down
9. More crunchy
10. Attila, and others
11. As a precaution: 2 wds.
12. Paltry, States-style
13. Bette Davis/Errol Flynn movie, "The Pri-

- vate Lives of Elizabeth and _" (1939)
21. Full amount [abbr.]
22. Canadian hockey great Phil, to fans
24. Machinery desqueaker container
27. Worry about money in a way
28. Sprinted
29. Bacon _
30. "You Were Meant for Me" songstress
31. Ground shaker
36. Where they ran in a slapstick comedy!
38. Air Supply's "Just _ Am"
40. 1970s salon technique for the 'Farrah' look
41. Ms. Lupino
42. Resume no.
44. _ and Span (Cleaning brand)
46. Refugees
48. Henry Fielding book of 1751
49. Seaport of Italy
50. Diner's morning order
51. Fish egg mass
52. Sort of chart
56. Ex-Senator of Mississippi, Trent _
57. Military helper
58. One-of-some on a string
60. Sock's insertee
61. Green garden growth
64. Old French coin

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today, because everyone can feel the buildup of tension before tomorrow's Full Moon. Avoid squabbles about shared property.

Taurus April 21 - May 21
Be patient with others today, because there is a buildup of tension before tomorrow's Full Moon. This same tension can also promote accidents. Be careful!

Gemini May 22 - June 21
Squabbles about money and possessions might take place today because people are uptight before tomorrow's Full Moon. Today and tomorrow are not the days to make your case.

Cancer June 22 - July 23
Tomorrow the Full Moon will be directly opposite your sign, which is problematic for partnerships and close friendships. You will start to see this tension build up today.

Leo July 24 - Aug. 23
It's Monday, and people at work are a bit tense because tomorrow is a Full Moon. Connect the dots. Be accommodating and patient with everyone. Ya think?

Virgo Aug. 24 - Sept. 23
Parents must be patient with children today, because they can feel tension building up before tomorrow's Full Moon. (Even your family dog feels this.) Likewise, romantic partners need to cut each other some slack.

Libra Sept. 24 - Oct. 23
Today and tomorrow are poor day for important discussions with parents and bosses. Just do your best to juggle responsibilities at home and in your job.

Scorpio Oct. 24 - Nov. 22
Today and tomorrow are accident-prone days for your sign. Therefore, slow down and pay attention to everything you say and do.

Sagittarius Nov. 23 - Dec. 21
If you have disputes about shared property or financial matters, wait until later in the week to address them. Today and tomorrow are poor days because of tomorrow's Full Moon.

Capricorn Dec. 22 - Jan. 20
The Moon is in your sign today, and tomorrow, there will be a Full Moon in your sign! Holy Lunarmania! Be patient with everyone.

Aquarius Jan. 21 - Feb. 19
Be patient with co-workers today and tomorrow, because tomorrow there is a Full Moon. You even can feel this energy building up today. Stay mellow. Knowing this ahead of time, you can be patient to keep the peace.

Pisces Feb. 20 - March 20
Romance might be strained in the next two days, because of the Full Moon. Likewise, social occasions and interaction with children will be challenging.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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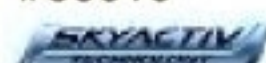
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